PART II. AMENDMENTS

2.0 Amendments are labelled as:

"New" or, "Marked Up"/"Replacement," and "Cancel."

2.1 In the Specification:

NEW: ADD the "DEFINITIONS" listing as a new Section after SUMMARY OF INVENTION -- insert after "...of clothing or baggage, and convenient eating."

as follows:

DEFINITIONS

As used herein, Key Terms are listed and defined as follows (based on common sources: Webster's Dictionary, cited prior art, and Fannie Farmer Cookbook (Knopf, New York, 1990) incorporated herein by reference):

FOOD: Nutritional substances eaten by humans.

FOOD ATTRIBUTES: Food-Type, Flavor, Texture, Color, Density, Nutrition, Calories.

GOURMET FOODS: Tasty

BALANCED NUTRITION: Healthful proportions of carbohydrates, proteins, fats, vitamins, and minerals.

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SNACK: A small quantity of food to be eaten at any time.

MEAL: A quantity of food sufficient to satisfy hunger, of single or plural food-type courses, each course eaten in sequence at one sitting.

CONVENTIONAL MEAL: A meal in at least three courses: Appetizer, Main-Course, and Dessert.

APPETIZER: A small quantity of light-density food, flavor sweet or savory (non-sweet), served as the first course of a Conventional Meal. For example, melon (sweet), or anchovies or cheese on a cracker (savory).

MAIN-COURSE: A large quantity of dense food, flavor savory, served as the second course of a Conventional Meal. For example, meat, fish, fowl, or vegetables, with bread on the side.

DESSERT: A small quantity of light-density food, flavor sweet, served as the third (and last) course of a Conventional Meal. For example, cake, pudding, fruit or pie.

DIET: A controlled selection of foods.

FOOD BAR: A portion of food, formed long and narrow, continuous or segmented, and packaged as a bar. Food bars are known in alternative structures, including: a body of mixed ingredients; a body within a coating; a body with a topping; and a body with a core filling.

READY-TO-EAT FOOD BAR: A food bar for an individual which can be eaten as is, with no heating or other pre-processing.

MEAL-SUBSTITUTE FOOD BAR: A MEAL REPLACMENT ready-to-eat food bar with "Meal" attributes including hunger-appeasement for an individual.

MEAL-EQUIVALENT FOOD BAR: An improved Meal-Substitute ready-to-eat food bar for an individual, with segments of balanced nutrition, the segments equivalent to the corresponding food-type courses of a Conventional Meal. "Equivalent" is an approximation of (one or more of) the food-type attributes: Flavor, texture, color, density, nutrition, and calories. Note: flavor is the primary culinary distinguishing attribute. The bar and its package are marked to show proper sequence for eating, whereby the consumer enjoys a sequence of different course flavors which provide improved psychological support, and a sequence of balanced-nutrition ingredients which provide improved physiological support. For example, an Oat-Soy Bar can be a simple "Meal Substitute Bar" of Balanced Nutrition, and may

also be formed into segments which are appropriately flavored in a singular sequence equivalent to (approximate) corresponding food-type courses of a Conventional Meal, thereby forming a "Meal-Equivalent Food Bar" -- which a consumer eats through the pre-arranged sequence of course equivalents, eg: segmented and flavored with: Oil/Vinegar as appetizer, Vegetables as main-course, and Apple-Sauce as dessert.

PART II AMENDMENTS (Cont)

2.2 In the Claims:

- 2.2(A) MARKED UP CLAIMS: These claims (1 and 12) are MARKED UP to show the changes to the amended claims:
- 1. (Twice Amended) A Meal-Equivalent Food Bar for an individual, comprising ingredients for ready-to-eat balanced-nutrition, and transverse [segment] dividers which divide the bar into segments, each segment equivalent to the corresponding course of a Conventional Meal, including appetizer, main course, and dessert, the equivalence approximating one or more of the food-type attributes of the course, primarily flavor, wherein:
- (a) the appetizer is the first course with ingredients including a small quantity of light-density food, with flavor either sweet or savory [one or more appetite stimulants in an amount sufficient to stimulate appetite];
- (b) the main course is the second course which includes major nutrition ingredients <u>comprising a large quantity of</u> <u>food with flavor savory</u>;
- (c) the dessert is the third (and last) course with ingredients which include a small quantity of light-density food, with flavor sweet [one or more appetite depressants in an amount sufficient to depress appetite],

[each segment has at least one ingredient different from the other segments, and]

the meal-equivalent food bar and its package marked to indicate segment ingredients and appetizer end, whereby the consumer eats through the bar to encounter segments in sequence which provide balanced nutrition for improved physiologic support, and Conventional Meal flavors for psychological support for the consumer.

- 12. (Twice Amended) A Snack Food Bar for an individual, comprising nutrients, and improved by dividing the bar into plural segments to include a singular sequence of appetite-control ingredients, wherein:
- (a) one end segment of the bar is marked "First" and includes one or more appetite stimulants in an amount sufficient to stimulate appetite,
- (b) the other end segment of the bar is marked "Last" and includes one or more appetite depressants sufficient to suppress [depress] appetite, whereby

the consumer eats through the bar from "First" to "Last" to encounter segment nutrients which provide physiological support, and segment appetite-control ingredients which provide improved psychological support for the consumer.

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PART II AMENDMENTS (Cont)

2.2(B) REPLACEMENT CLAIMS: These claims (1 and 12) are to REPLACE Claims 1 and 12, as follows:

individual, comprising ingredients for ready-to-eat balanced-nutrition, and transverse dividers which divide the bar into segments, each segment equivalent to the corresponding course of a Conventional Meal, including appetizer, main course, and dessert, the equivalence approximating one or more of the food-type attributes of the course, primarily flavor, wherein:

- (a) the appetizer is the first course with ingredients including a small quantity of light-density food, with flavor either sweet or savory [one or more appetite stimulants in an amount sufficient to stimulate appetite];
- (b) the main course is the second course which includes major nutrition ingredients comprising a large quantity of food with flavor savory;
- (c) the dessert is the third (and last) course with ingredients which include a small quantity of light-density food, with flavor sweet,

the meal-equivalent food bar and its package marked to indicate segment ingredients and appetizer end, whereby

the consumer eats through the bar to encounter segments in sequence which provide balanced nutrition for improved physiologic support, and Conventional Meal flavors for psychological support for the consumer.

- 12. (Twice Amended) A Snack Food Bar for an individual, comprising nutrients and improved by dividing the bar into plural segments to include a singular sequence of appetite-control ingredients, wherein:
- (a) one end segment of the bar is marked "First" and includes one or more appetite stimulants in an amount sufficient to stimulate appetite,
- (b) the other end segment of the bar is marked "Last" and includes one or more appetite depressants sufficient to suppress appetite, whereby

the consumer eats through the bar from "First" to "Last" to encounter segment nutrients which provide physiological support, and segment appetite-control ingredients which provide improved psychological support for the consumer.

- 2.2(C) CANCEL Claims 14 and 15.
- 2.2(D). ADD NEW CLAIM: This Claim (16) is a new claim to be added to the claims:

- 16. The food bar of Claim 1, wherein:
- (d) the appetizer segment further contains one or more appetite stimulants in an amount sufficient to stimulate appetite;
- (e) the dessert segment further contains one or more appetite depressants in an amount sufficient to suppress appetite.

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Applicant
Emanuel S. Kemeny
Emanuel S. Kemeny
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